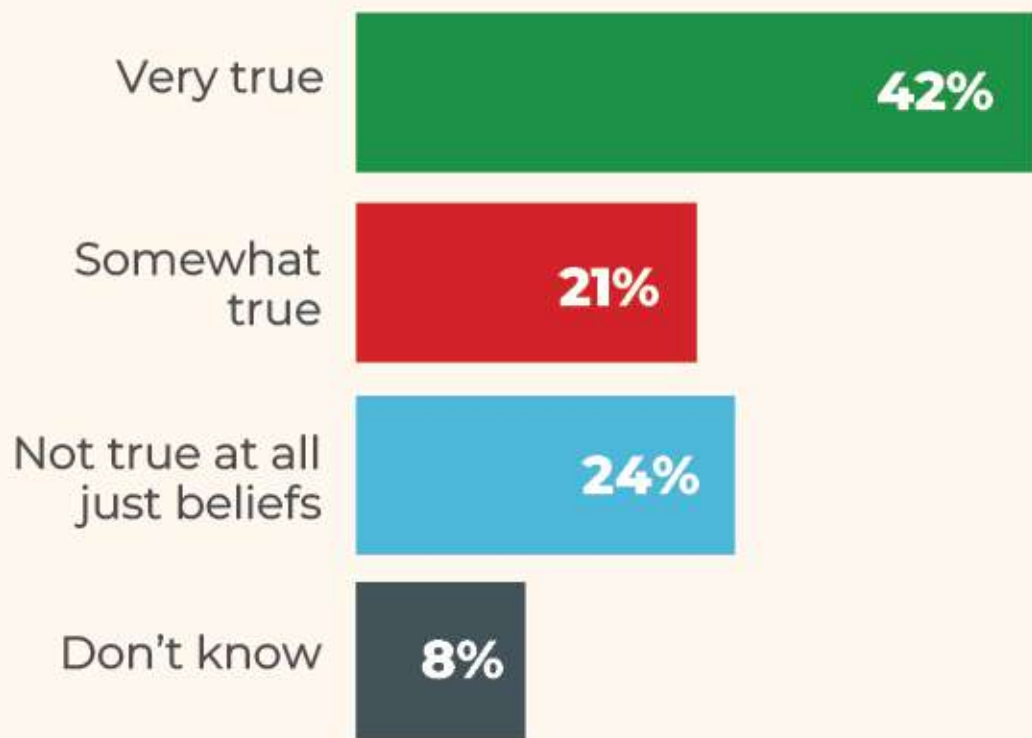


Nearly 2 in 3 Pakistanis (63%) say it is true that one should not sleep or rest during a lunar eclipse; with belief higher among women (69%), those aged 50+ (73%), and those with less than FA education (65%).



No response: 5%

Question: Different people follow different practices during a lunar eclipse. In your opinion, how true are the following? - One should not sleep or rest?





(Also emailed*/faxed separately)



PRESS RELEASE

Opinion Poll **Science & Society** Astronomical Events Cultural Beliefs

**Nearly 2 in 3 Pakistanis (63%) say it is true that one should not sleep or rest during a lunar eclipse; with belief higher among women (69%), those aged 50+ (73%), and those with less than FA education (65%).
(Gallup & Gilani Survey)**

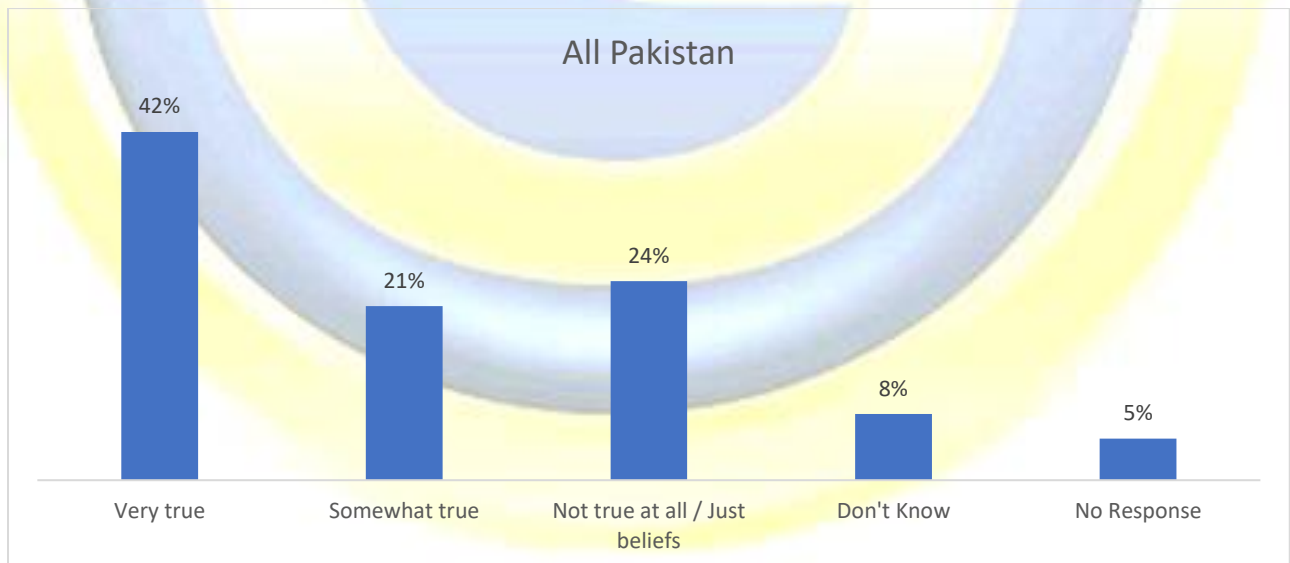
(Islamabad), 13th October 2025

According to a Gallup & Gilani Pakistan survey, nearly 2 in 3 Pakistanis (63%) say it is true that one should not sleep or rest during a lunar eclipse; with belief higher among women (69%), those aged 50+ (73%), and those with less than FA education (65%).

A nationally representative sample of adult men and women across the country was asked the question, ***“Different people follow different practices during a lunar eclipse. In your opinion, how true are the following? - One should not sleep or rest?”***. In response, 42% said it is ‘very true’ that one should not sleep or rest during a lunar eclipse, 21% said ‘somewhat true’, 24% rejected this belief, calling it ‘not true at all or just beliefs’, while 8% said they don’t know, and 5% gave no response.

These findings indicate that the belief against sleeping or resting during a lunar eclipse remains prevalent in Pakistan, especially among women, the less educated, and older citizens.

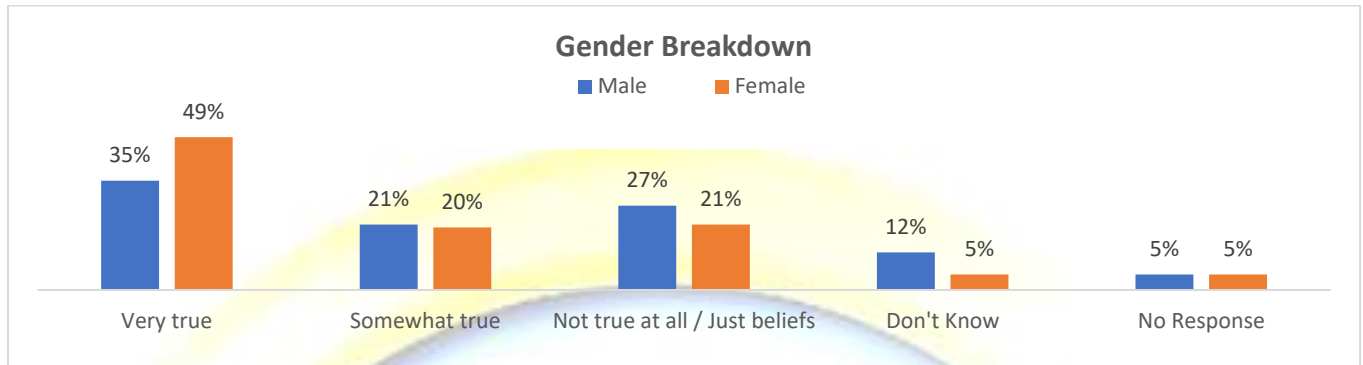
Question: Different people follow different practices during a lunar eclipse. In your opinion, how true are the following? - One should not sleep or rest?



Source: Gallup & Gilani Pakistan
(www.gallup-international.com; www.gallup.com.pk; www.gilanifoundation.com)

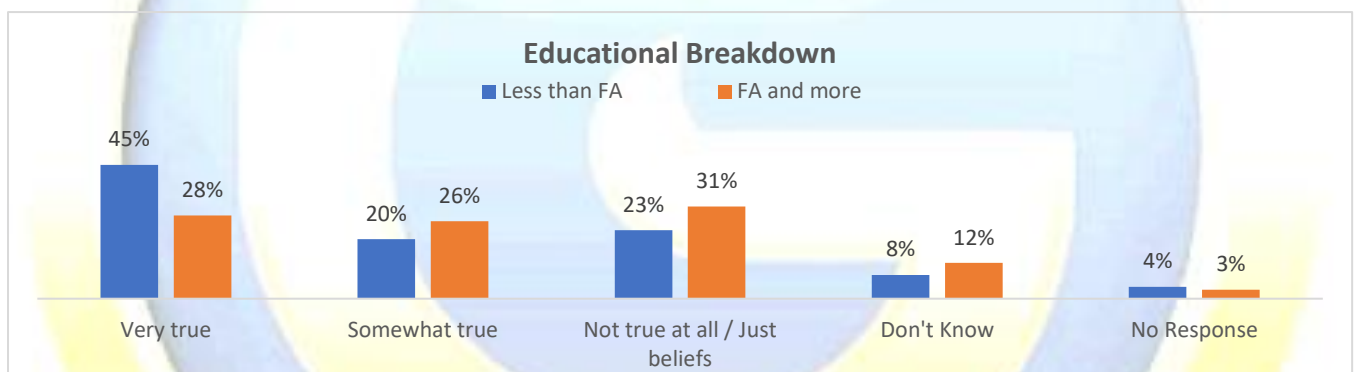
The study in Pakistan was conducted and released by Gallup & Gilani Pakistan, the Pakistani affiliate of Gallup International. The recent survey was carried out among a sample of 753 men and women in urban and rural areas of all four provinces of the country, conducted from September 12, 2025 to September 23, 2025. The error margin is estimated to be approximately $\pm 2-3$ percent at the 95% confidence level. The methodology used for data collection was telephonic surveys (CATI).

Gender Breakdown: A notable gender gap is observed in the survey findings, 69% of women believe the statement is true, compared to 56% of men—a difference of 13 percentage points. This suggests that cultural or familial transmission of eclipse-related beliefs may be stronger among women.



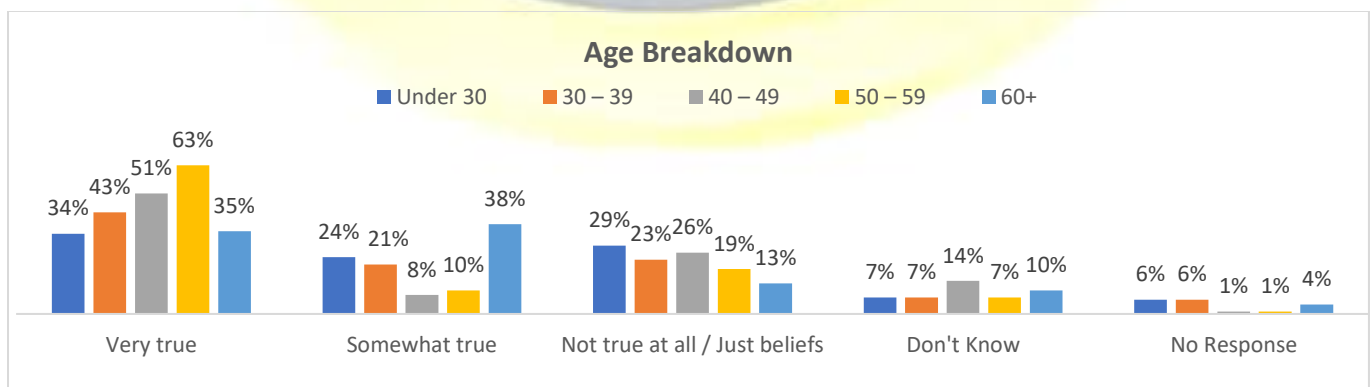
Source: Gallup & Gilani Pakistan
(www.gallup-international.com; www.gallup.com.pk, www.gilanifoundation.com)

Educational Breakdown: The level of education also shows a significant contrast. Among respondents with less than an FA qualification, 65% consider the belief true, while among those with FA or more education, the figure drops to 54%. This 11-point gap underscores that higher education is associated with somewhat lower endorsement of this traditional view.



Source: Gallup & Gilani Pakistan
(www.gallup-international.com; www.gallup.com.pk, www.gilanifoundation.com)

Age Breakdown: Age is another differentiating factor. The belief is least common among the youngest group (under 30), at 58%, and rises steadily with age, peaking at 73% among those aged 50 and above. This 15-point difference between the youngest and oldest groups highlights that older Pakistanis are much more likely to uphold such beliefs.



Source: Gallup & Gilani Pakistan
(www.gallup-international.com; www.gallup.com.pk, www.gilanifoundation.com)



Opinion Poll from Gallup Pakistan
*The Pakistani Affiliate of Gallup
International*



GILANI RESEARCH
FOUNDATION

Monday, 13th October 2025

(3 Pages, English version Only)

Gilani Research Foundation is a not-for-profit public service project to provide social science research to students, academia, policymakers, and concerned citizens in Pakistan and across the globe.

Gilani Research Foundation is headed by Dr. Ijaz Shafi Gilani who pioneered the field of opinion polling in Pakistan and established Gallup Pakistan in 1980. Currently, Dr. Gilani, who holds a Ph.D. from the Massachusetts Institute of Technology (MIT) and has taught at leading universities in Pakistan and abroad, is Chairman of Gallup Pakistan.

If you have any further questions regarding this poll, please feel free to contact us.

*Best Regards,
Gallup Pakistan*

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Daily Gilani Poll
2025



of Gallup Pakistan
(1980-2025)